

CLAIMS:

- 1 1. A method comprising the steps of:
2 receiving rate information for a wireless unit at a first rate; and
3 adapting at a second rate not equal to said first rate a channel for
4 communicating between said wireless unit and a base station.

- 1 2. The method of claim 1 comprising:
2 using said first rate which is slower than said second rate.

- 1 3. The method of claim 2 wherein said receiving comprises:
2 receiving said rate information from said wireless unit.

- 1 4. The method of claim 2 wherein said receiving further includes:
2 receiving said rate information once every three slots.

- 1 5. The method of claim 4 wherein said adapting further includes:
2 adapting said rate information every slot.

- 1 6. The method of claim 4 wherein said adapting further includes:
2 responding to rate information up to once every slot.

- 1 7. A method comprising the steps of:
2 receiving rate information from a plurality of wireless units where each of said
3 wireless units report said rate information at a first rate; and
4 adapting at a second rate not equal to said first rate a channel for
5 communicating between at least one of said wireless units and a base station.